

TempePRE

BLOG

The Benefits of Routine

Children rely on structure and consistency. In the wake of the Covid-19 pandemic, this is especially true. As we begin to reactivate our lives this structure and consistency will help your child begin to go back to school life much easier.

Getting ready to go back to school should be an exciting time for both parents and children. Helping your child cope with this change in life will be an easier transition if your child has a regular schedule to follow.

It is important for your child to have a regular routine each evening and morning. This will help your child be the best student he/she can be. Set a time each evening when your family has dinner together. Sit and talk about your day, the highs and lows of your time apart. Then, work together to clean up. Have your child clear the table, scrape the plates, or help fill the dishwasher. Have a set time to do "homework" or quiet time, bath, jammies, read-a-loud and bedtime. Give your child time to settle down in bed with familiar books, then lights off at 8 p.m. This schedule worked well when my children were little and gave them a sense of what to expect. You know your child and what his nightly routine should look like.

Morning routines should be similar. Set a time to wake, get dressed, eat breakfast, brush teeth and get ready for the day.

Young children thrive on repetition, consistency, and predictable expectations - all which mean routines!

Patricia Leiber, Tempe PRE Teacher @ Wood Elementary School

Ms. Leiber has been teaching 24 years with a bachelor's degree in education from ASU. She holds endorsements in both ELL and Early Childhood Education. She is a parent to 33-year-old triplets, 3 daughters-in-law, 7 grandchildren, and a menagerie of grand pets! She and her significant other enjoy spending time with family and friends, traveling, reality television and reading!



We are here to help you navigate the Tempe PRE program.

Please contact us for assistance 480-858-7735

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Tempe PRE is a program of the City of Tempe, in partnership with the Tempe Elementary School District.